

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188
Open 8:00 am to 4:30 pm
Monday through Friday

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

Visit our website for this and
past newsletters.

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

Our Mission

To provide older adults and
people with physical or
developmental/intellectual
disabilities the resources needed
to live with dignity and security
and to achieve maximum
independence and quality of
life. The goal of the Aging and
Disability Resource Center is to
empower individuals to make
informed choices and
to streamline access to the
right and appropriate
services and supports.

Inside this Issue:

- ◇ Elder Abuse Awareness
Event
- ◇ Farmer's Market
Vouchers
- ◇ Say Something Nice Day



Summer, Summer, Summer!

The longest day of the year has many names such as summer solstice, estival solstice or midsummer but whichever name you call it this June 21, 2018 at 10:07 a.m. the earth's northern hemispheres will experience the longest day of the year. The earth's axial tilt will be at its maximum of 23.44 degrees towards the Sun. In southern hemispheres this day is celebrated in December when the earth's axis is tilted in the opposite direction.

The June Solstice has been celebrated for centuries around the world. It was a way for ancient cultures to organize calendars and a way to determine when to plant crops and when to harvest. Historians believe that Stonehenge in Wiltshire England was erected around 2500 BCE in order to establish the date of the Summer Solstice. Viewed from its center, the Sun rises at a particular point on the horizon the day of the June Solstice. Some theories suggest that the builders of Stonehenge may have used the solstice as a starting-point to count the days of the year.

In ancient China, the summer solstice was observed by a ceremony to celebrate the Earth's femininity, and the "yin" forces. It complemented the Winter Solstice that celebrated the heavens, masculinity and "yang" forces. France held a Midsummer celebration called Feast of Epona. The celebration was named after a mare goddess who personified fertility and protected horses. In parts of Scandinavia, the Midsummer celebration was observed around the time of St John's Day, on June 24, to honor St John the Baptist.

Native American tribes held dances to honor the Sun. The Sioux were known to hold one of the most spectacular rituals. Preparations for the event included cutting and raising a tree that would be considered a visible connection between the heavens and Earth, and setting up teepees in a circle to represent the cosmos. Participants abstained from food and drink during the dance itself and decorated their bodies in the symbolic colors of red (sunset), blue (sky), yellow (lightning), white (light), and black (night).

In modern times the Summer Solstice continues to be a time of celebrations. European countries like Sweden, Denmark, Norway and Finland hold a Midsummer celebration honoring summer and the fertility of the Earth. In Sweden and Finland people dance around Maypoles, bonfires are lit and homes are decorated with flower garlands, greenery, and tree branches. Traditionally, this time of year continues to be a popular time for weddings around the globe.

However you celebrate summer, we here at the ADRC hope you have a safe, healthy and wonderful summer season! Check out the next page for some opportunities to get outside in Waukesha County this summer.

timeanddate.com , Wikipedia.com

Get Out & About!

There are so many events and activities throughout Waukesha County this summer.

Check out the list below for some of the offerings!

Les Paul Performance Center- Cutler Park

- ☀ **Civic Band Concerts-** Thursdays, Mid-June - Mid-August, 8:00 - 9:00 pm
- ☀ **Monday Night at the Movies-** Last Monday of the month starting in June, 8:00 pm
- ☀ **Tribute Tuesdays-** Second Tuesday of the month starting in June, 7:00 - 9:00 pm

Waukesha's Friday Night Live - every Friday from 6:30-9:00pm from June through August. Friday Night Live hosts ten stages of entertainment & businesses are open to offer food, candies, drinks, artwork and much more. Free of cost. <http://www.waukeshafridaynightlive.com/>

Bands at the Beach - Bands at the Beach is a free Friday night concert series by a variety of bands to suit every taste. Concerts are performed in the Rhodee Memorial Band Shell located on the shore of Lac La Belle at City Beach. Concert dates for 2018 are June 8, June 22, July 6, July 20, Aug. 3 and Aug. 17. Shows begin at 7 p.m.

Waterpark Wednesdays- Lakefront Park in downtown Pewaukee will once again be filled with live music every Wednesday night all summer long for Waterfront Wednesdays on Pewaukee Lake. Wednesday nights from 6:00 pm until 8:30 pm at Lakefront Park in Pewaukee.

SummerStage- the SummerStage of Delafield is located in Lapham Peak Unit of the Kettle Moraine State Forest in Delafield, WI. This summer, in their outdoor theater venue, SummerStage will host four classic plays, have eight Music Series concerts spanning multiple music genres, and three Family Events. For more detailed information, visit the SummerStage website at <https://summerstageofdelafield.org/>.





My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver

By: Marty Schreiber

Former Wisconsin Gov. Martin J. Schreiber has seen his beloved wife Elaine gradually transform from the woman who gracefully entertained in the state's Executive Residence to one who could no longer drive a car, follow a recipe, use the bathroom or dress herself. She grew to depend on her decades-long partner in marriage, political campaigns and child-raising for everything. Over time, Elaine no longer even recognized Marty as her husband. In *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, Schreiber candidly counsels those who take on similar caregiving roles.

My Two Elaines is more than an account of Marty Schreiber's struggles. It provides small but monumental suggestions for how to respect the person with Alzheimer's as well as the caregiver. He shares why it's important for caregivers to practice self-care, so as not to become one of the thousands that become sick themselves and unable to care for their loved one. Two-thirds of those who live with Alzheimer's are women, so Schreiber offers special guidance for men that are thrust into an unexpected job of "doing it all."

With patience, adaptability, and even a sense of humor, Marty Schreiber shows how love continues for the person his wife is now — his Second Elaine.

Visit the ADRC Resource Library today to check out a copy!

What's Happening at Your Local Library...

Brookfield Public Library
1900 N Calhoun Rd
Brookfield, WI 53005
(262) 782-4140
Hollywood Loves Wisconsin
Monday, June 18 at 6:30 P.M.
www.ci.brookfield.wi.us/38/Library

Menomonee Falls Public Library
W156 N8436 Pilgrim Rd.
Menomonee Falls, WI 53051
(262) 532-8900
Obituaries: Reading Between the Lines
Thursday, June 28 at 6:30 P.M.
<http://menomoneefallslibrary.org>

Mukwonago Public Library
511 Division St.
Mukwonago, WI 53150
(262) 363-6411
Chair Yoga for Seniors
Monday, June 11 at 2:00 pm
www.mukwonagolibrary.org

Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150
(262) 971-4980
Old World WI Historic Collections
Wednesday, June 20 at 7:00 PM
www.cityofmuskego.org/166/Library



New Berlin Public Library
15105 W Library Lane
New Berlin, WI 53151
(262) 785-4980
Author Talk with Jeff Ryan:
Appalachian Odyssey
Monday, June 25 at 6:00 PM
www.newberlinlibrary.org

Medicare Presentations are taking place at the following libraries:

Hartland Library, Tuesday, June 12th, 6:30pm-7:30pm

Brookfield Public Library, Monday June 18th, 1pm-2pm

Waukesha Public Library, Monday August 13th, 10am-11am

No need to RSVP

What Caregiving Looks Like



What do you think of when you hear the word Caregiver? Many think of the person who provides hands on, daily care for a frail adult; usually involving help with dressing, feeding, bathing and mobility. While this person certainly is a caregiver I'd like to challenge you to think about other possibilities of what caregiving looks like. There is the middle-aged son who stops for groceries on the way home from work for his mother, the daughter who takes her dad to his many doctor appointments, the man in charge of cooking and cleaning since his wife is no longer able, and the woman who must take her husband with her to her hair appointment for fear his confusion would endanger him if left home alone.

To sum it up, you don't have to be providing 24/7 care to be considered a caregiver. Anyone who helps someone with something they used to do by themselves is a caregiver. Here are a few examples:

- If you feel it is necessary to regularly check on your elderly neighbor and help with little jobs, then you are a caregiver.
- If you find yourself spending time making appointments for your mother and stopping at the pharmacy or grocery store for her amidst running your own errands, you are a caregiver.
- If you have stopped going to your weekly card club because you don't feel you can leave your spouse at home alone, you are a caregiver.
- If you spend time making phone calls to help your sister find an assisted living facility or to set up home care services, you are a caregiver.

It is important to recognize yourself as a caregiver for several reasons.

First, caregiving is often a role you do not anticipate and one that brings new challenges and responsibilities. Identifying yourself as a caregiver is the first step to handling the extra stress you may be feeling. Attending a caregiver support group, reading information on caregiver health or talking to a trusted friend or professional about your situation are all good ways to gain support.

Second, identifying yourself as a caregiver can help you connect with community resources. Getting help from a home care agency, adult day care, home delivered meals or a volunteer driver are some ways to reduce your stress as a caregiver. Information about these services is available at the Aging & Disability Resource Center (ADRC) of Waukesha County.

And finally, seeing yourself as a caregiver helps you understand the importance of the things you do and may result in involving others to help! Sharing tasks with family members, friends or neighbors will take some of the responsibility off you and provide even more support for the person receiving help.

No matter what your caregiving looks like, the assistance you provide is vitally important to the life of the person you are helping. It is often the difference between the person living in their own home and living in a care facility. If you are a caregiver, call the ADRC of Waukesha County at 262-548-4878 and see how we can help!

“ I never realized I was a caregiver until I started doing things for Mom that I never did before.”



World Elder Abuse Awareness Day

June 15th

Come for a complimentary lunch and
learn about Elder Financial Abuse!

Friday, June 15th 11:30 AM—1:00 PM

Waukesha Schuetze Recreation Center - Activity Room

1120 Baxter St. | Waukesha, WI 53186

SPACE IS LIMITED, CALL THE ADRC FOR A RESERVATION — 262-548-7848

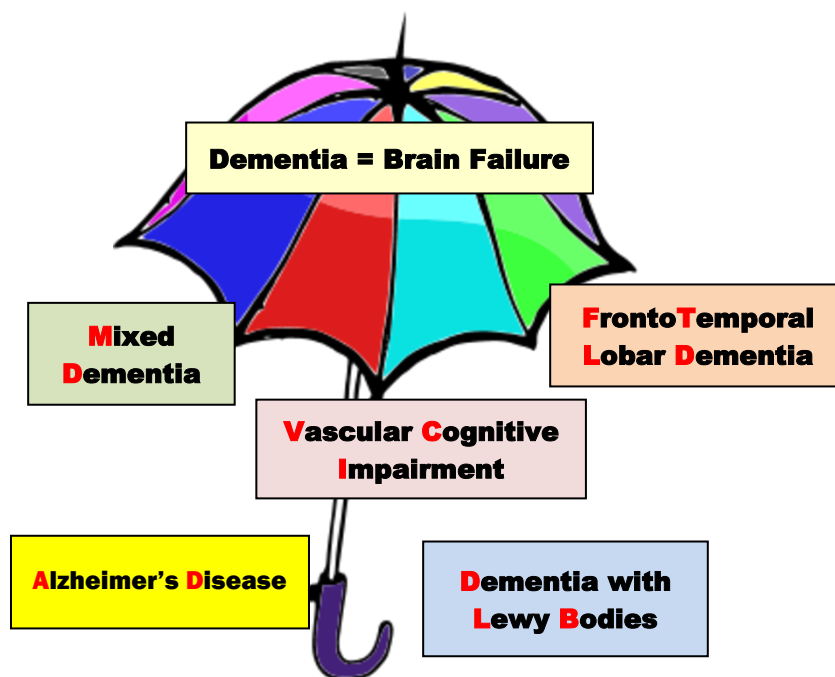
In observation of World Elder Abuse Awareness Day on June 15, 2018, the **Aging & Disability Resource Center of Waukesha County** will be hosting a panel discussion on **financial exploitation and tips on protecting your assets**. Panel members will provide an overview of the issue, focus on various tips for prevention, and discuss what to do if you are concerned that someone may be the victim of financial exploitation. The Panel will include representatives from a financial institution, an advocate from the Elder Rights Project, and Waukesha County Adult Protective Services.

By raising awareness, we hope attendees will leave the presentation feeling more prepared to prevent financial abuse and more aware of their options in case they ever become a victim.

WHAT IS THE COST of ELDER FINANCIAL ABUSE?

\$36.5 BILLION

EXPLOITATION	FRAUD	TRUST ABUSE
When businesses, individuals, or charities use pressure tactics or misleading language to lead seniors into financial mistakes.	When criminals commit identity theft or con seniors into sending money or sharing personal information.	When family, friends, or paid helpers take advantage of a trusting relationship to get money from the senior.



What is Dementia?

Dementia is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other cognitive skills that affect a person's ability to perform everyday activities. This decline occurs because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged and no longer function normally.

Alzheimer's disease is the most common type of dementia, accounting for 60-80% of all cases.

Vascular dementia, which occurs because of microscopic bleeding and blood vessel blockage in the brain, is the second most common type of dementia.

Symptoms of dementia can vary greatly. Examples include problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments and traveling out of the neighborhood.

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**Some causes of memory loss can be treated and reversed if detected early**

**If you are experiencing signs of dementia, see your doctor as soon as possible to discuss your concerns.**

Contact the Alzheimer's Association 24/7 Helpline at [800.272.3900](tel:8002723900) or visit [alz.org/sewi](http://alz.org/sewi) if you have questions or need additional information.



## Farmers' Market Vouchers Available to Waukesha County Seniors Distribution Begins June 1st

The Aging and Disability Resource Center of Waukesha County will once again be distributing Senior Farmers' Market Vouchers. Waukesha County Seniors who are at least 60 years of age (Native Americans 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines (see below) are eligible to receive \$25.00 worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, and herbs from farmers' markets and roadside stands.

The Vouchers are distributed on a first-come/first-served basis and are limited to \$25.00 per household. You will receive three \$3 vouchers and four \$4 vouchers equaling \$25. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the distribution site in person to receive the vouchers. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative. The proxy must have the full name, address, phone number, date of birth and written declaration of consent from the eligible senior in order for the proxy to complete the application and pick up the vouchers for the individual. Distribution will begin on June 1<sup>st</sup>. Senior Farmers' Market Vouchers must be obtained in the county of residence, but can be spent at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these coupons.

Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered at various locations throughout the county. Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations.

| Household Size | Monthly Income Limit | Annual Income Limit |
|----------------|----------------------|---------------------|
| 1              | \$1,872              | \$22,459            |
| 2              | \$2,538              | \$30,451            |
| 3              | \$3,204              | \$38,443            |



For more household income limits, contact the ADRC

**\*Please note that dates and times subject to change without notice.\***

**Mon, June 4, 2018 – 1:30p – 3:30p – High Ridge Manor | 13445 W National Ave, New Berlin | 789-9588**

**Wed, June 6, 2018 – 10a – 12:00pm - East Terrace Apartments | 801 N East Ave, Waukesha | 544-9757**

**Thur, June 7, 2018 – 1:00pm – 3:00pm. Breezewood Village | 400 Sunnyslope Dr, Hartland | 367-2868**

**Fri, June 8, 2018 – 1:00pm-3:00pm - Hampton Regency | 12999 W Hampton Ave, Butler | 439-9291**

**Mon, June 11, 2018 – 12:30pm – 2:30pm - Waukesha Food Pantry | 1301 Sentry Dr, Waukesha | 542-5300**

**Wed, June 13, 2018 – 10:00am – 2:00pm - Mukwonago Food Pantry | 225 Eagle Lake Ave, Mukwonago | 363-3452**

**Wed, June 13, 2018 – 12:00pm – 2:00pm - Sussex Outreach Services | N63 W23626 Silver Spring Dr, Sussex | 246-9490**

**Mon, June 18, 2017 – 12 pm – 1:30 pm - Falls Community Center | W152 N8645 Margaret Rd, Menomonee Falls | 251-3406**

**Fri, June 22, 2018 – 10:00am – 12:00pm – Wilkinson Manor | 919 E Summit Ave, Oconomowoc | 569-8196**

**Mon, June 25, 2018 – 1:00pm – 3:00pm - Hickory View Commons | 211 S. Concord Rd, Oconomowoc | 560-0211**

For more information on the services we provide or for general information related to the vouchers, please contact the ADRC at 262-548-7848 or visit our website at [www.waukeshacounty.gov](http://www.waukeshacounty.gov).

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

# Ask Ina

Dear Ina,

I'm worried. I've been living in my neighborhood for 50 years, but things seem to be changing. Last week, my friend Rose was walking to the store when a young man ran by and pulled her purse right off her shoulder. Two weeks ago, my neighbor upstairs was unloading his groceries and someone stole two bags right off the curb. What can my neighbors and I do to be safe? ~Rob Hury

Dear Rob,

It's normal to feel unsafe and scared after hearing what has happened in your neighborhood recently! Though older people are less likely to be victims of violent crime than young people, older people are often targets for robbery, purse snatching, pick-pocketing, car theft, or home repair scams. If you truly feel unsafe in your neighborhood, you may want to consider moving. Otherwise, you shouldn't let the fear of crime stop you from enjoying life in your community. Here are some things you can do to avoid crime and stay safe.

## *Safety at Home*

- Try to make sure your locks, doors, and windows are strong and cannot be broken easily. Consider an alarm system.
- Keep your doors and windows locked; both when you are home and when you're away.
- Look through the peephole or a window before opening your door. Ask a stranger for identification before opening the door. Don't open the door if you feel uneasy.
- Avoid keeping large amounts of money in the home.
- Get to know your neighbors. Join or form a Neighborhood Watch Program.

## *Be Street Smart*

- Stay alert when you are out. Walk with a friend. Avoid unsafe places like unlit streets or parking lots.
- Lock your car doors at all times; even when pumping gas. Don't open your car door or roll down your window for strangers. Park in well-lit areas.
- Carry your purse close to your body with the strap across your chest.
- Carry your wallet in your front pocket.

## *Be Safe with your Money*

- Have your income, pension, or social security check direct deposited right to your bank. Try not to visit the bank at the same time each week.
- Put your wallet, money, or credit cards in an inside pocket. Try not to carry a lot of cash.
- Keep your checkbook and credit cards in different places.

If you feel that you need to relocate and a move is absolutely necessary, then do your homework and ask people living in the area that you are considering moving to if they have experienced any crime. Talk to your family and friends about your concerns. Consider having a 'buddy system' with someone you are close to and agree to check in with them each day.

Information taken from the US Department of HHS National Institute on Aging publication.



## June 1st is Say Something Nice Day

*The day aims to encourage people to spread cheer and goodwill by opening up channels of communication and by focusing on the good in everyone.*

*Say Something Nice Day began in Charleston, South Carolina, when the Mayors of North Charleston and Charleston came together with others in their community to create a day to be kind to the people in our lives.*

*It was and still remains the hope that this one day of pleasantness will grow, until people are nice to each other every day.*

ONE KIND WORD  
can change  
someone's  
entire day

### Spread Happiness

Positivity goes a long way in spreading happiness and joy. When we are kind in our interactions with others, we receive positivity and kindness back. This enriches our lives, makes us happy, and keeps us healthy. Studies have shown that happy people are healthier and live longer.

### How to Celebrate?

- Start by being nice to yourself. Look at yourself in the mirror and find 5 things that you like about yourself.
- Saying something nice to everyone you meet.
- Put aside your petty enmities with people and use this day to try and see the positive in people you usually do not like.
- Leave a nice note or do something nice for a friend, family member, or co-worker.
- Bottom line: just be nice to friends, foes, and strangers alike, and you will notice that you feel much better about yourself!

### Did You Know...

...that the saying "if you can't say something nice, don't say nothing at all," is often known as Thumper's Law or the Thumperian Principle?

Thumper is a fictional rabbit character from Disney's animated movie Bambi.



## Free Dental Care!

WI Dental Association's Mission of Mercy is providing free dental care for children and adults at the Wisconsin State Fair Park. There is no income or asset limit. Work is done by over 1,000 volunteer workers through the WI Dental Association donate their time. Cleanings, fillings, extractions, and limited treatment partials can be done. Dentures and denture repairs cannot be done. Bring a list of your current medications and medical conditions. You may be standing in line for several hours, so consider bringing a lawn chair, book, water, and other necessary items.

More information is at <https://www.wda.org/wda-foundation/mission-of-mercy/patients> and <https://www.wda.org/wp-content/uploads/2018/03/2018-MOM-Flyer-FINAL.pdf>

**Where:** Exposition Center at WI State Fair Park,  
8200 W. Greenfield Ave., West Allis, WI

**When:** Friday, June 22 and Saturday, June 23, 2018  
Doors open at 5:30 a.m. both days.

**No appointments—first come, first served.**



Every three years, the Aging and Disability Resource Center of Waukesha County, looks at our community to identify issues and concerns that Older Adults may potentially face.

There will be two *Community Listening Sessions* in June.

- **Tuesday, June 5th @ Sussex Civic Center**
  - **N64 W23760 Main Street, Sussex**
  - from 12:30 - 1:30pm**
- **Monday, June 11th @ Stoney Creek Adult Community**
  - S69 W14142 Tess Corners Drive, Muskego**
  - from 12:30 - 1:30pm**

Please join us for a guided conversation about Advocacy, Elder Nutrition, Services to Support Caregivers, Services to people with Dementia, Healthy Aging, and Other Areas of Interest. **No Need to Register!**

## WAUKESHA COUNTY SENIOR DINING CENTERS

### Brookfield

**782-1636** – Virginia  
 Brookfield Community Center  
 2000 North Calhoun Road  
 Monday through Friday at 12:00

### Butler

**783-5506** – Pam  
 Hampton Regency Apartments  
 12999 West Hampton Avenue  
 Monday through Friday at 11:45

### Hartland

**367-5689** –Peggy  
 Breezewood Village Apartments  
 400 Sunnyslope Drive  
 Monday, Wednesday, Friday at 12:00

### Menomonee Falls

**251-3406**—Diane  
 Menomonee Falls Community Center  
 W152 N8645 Margaret Road  
 Monday through Friday at 12:00

### Mukwonago

**363-4458** - Anna  
 Birchrock Apartments  
 280 Birchrock Way  
 Monday through Thursday at 12:00

### Muskego

**414-422-0420** –Jack  
 Stoney Creek Adult Community  
 S69 W14142 Tess Corners Drive  
 Monday, Wednesday, Friday at 11:45

### New Berlin

**784-7877** – Lisa  
 National Regency Retirement Community  
 13750 West National Avenue  
 Monday through Friday at 12:00

### Oconomowoc

**567-5177** – Kelly  
 Oconomowoc Community Center  
 220 West Wisconsin Avenue  
 Monday through Friday at 12:00

### Sussex

**246-6747** –Nick  
 Sussex Civic Campus  
 N64 W23760 Main Street  
 Monday through Friday at 12:00

### Waukesha



**547-8282** – Lucille  
 La Casa Village  
 1431 Big Bend Road  
 Monday through Friday at 12:00

### Eligibility:

Persons 60 years and older  
 For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.  
 Transportation may be available by taxi or Rideline for \$1.00 each way.

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY


## SENIOR DINING AND HOME DELIVERED MENU June 2018

| Monday                                                                                                                                     | Tuesday                                                                                                                                                                           | Wednesday                                                                                                                                                               | Thursday                                                                                                                                                                | Friday                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                            |                                                                                                                                                                                   |                                                                                                                                                                         |                                                                                                                                                                         | 1                                                                                                                                                    |
|                                                            |                                                                                                                                                                                   | <p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><i>Menu subject to change without notice</i></p> |                                                                                                                                                                         | Roast Turkey w/ gravy<br>Mashed Potatoes<br>Peas and Carrots<br>Bread/Butter<br>Dessert Bar<br>Alt. Fruit                                            |
| 4                                                                                                                                          | 5                                                                                                                                                                                 | 6                                                                                                                                                                       | 7                                                                                                                                                                       | 8                                                                                                                                                    |
| Swedish Meatballs in Gravy<br>Mashed Potatoes and Gravy<br>Stewed Tomatoes<br>Bread/butter<br>Tropical Fruit Cocktail                      | Caribbean Chicken<br>Red Beans and Rice<br>Seasoned Green Beans<br>Wheat Bread w/ butter<br>Honeydew Melon<br>Lemon Pudding<br>Alt: Diet Pudding                                  | Salisbury Steak w/gravy<br>Baked potato w/Butter<br>Garden Salad w/ tomato & French dressing<br>Italian Bread w/ Butter<br>Frosted Cake<br>Alt: Fruit                   | Cranberry Glazed Pork Roast<br>Scalloped Potatoes<br>Dilled Baby Carrots<br>Dinner Roll w/ Butter<br>Blood Orange                                                       | <b>Brewers Vs. Philly</b><br>Philly Cheesesteak on Hoagie Roll<br>Broccoli Florets<br>Fresh Fruit Salad<br>Cherry Cheesecake<br>Alt: Fruited Yogurt  |
| 11                                                                                                                                         | 12                                                                                                                                                                                | 13                                                                                                                                                                      | 14                                                                                                                                                                      | 15                                                                                                                                                   |
| Italian Meat Sauce<br>Spaghetti Noodles<br>Parmesan Cheese<br>Garlic Bread<br>Wax Beans<br>Rice Krispies Treat<br>Mandarin Oranges         | Chicken Broccoli Rice Casserole<br>Chef's Choice<br>Vegetable Blend<br>Bread/Butter<br>Pears<br>Brownie<br>Alt. Sugar Free Cookie                                                 | BBQ Chicken Breast<br>Sheboygan Hard Roll w/ butter<br>Coleslaw<br>Hashbrown Casserole<br>Strawberry Shortcake<br>Alt: Yogurt                                           | Stuffed Salmon Boat<br>Dill Sauce<br>Quartered Red Potatoes<br>Brussels Sprouts<br>Rye Roll w/ butter<br>Sliced Peaches                                                 | <b>HAPPY FATHER'S DAY</b><br>Brat on a pretzel bun w/ ketchup and mustard<br>German potato salad<br>Baked Beans<br>Cantaloupe slice<br>Ice cream cup |
| 18                                                                                                                                         | 19                                                                                                                                                                                | 20                                                                                                                                                                      | 21                                                                                                                                                                      | 22                                                                                                                                                   |
| Cheeseburger<br>Whole Wheat Bun<br>Lettuce, Tomato, Ketchup, Mustard<br>American Potato Salad<br>Kernel Corn<br>Fresh Apple                | Crab Pasta Salad<br>Marinated Tomato and Onion Salad<br>9-Grain Bread w/ Butter<br>Peaches<br> | Chili Con Carne<br>Shredded Cheddar, Onions and Crackers<br>Diced Carrots<br>Cornbread Muffin w/ butter<br>Fruit Cocktail                                               | <b>1<sup>st</sup> DAY OF SUMMER</b><br>Chicken Caesar Salad<br>Caesar dressing, parmesan cheese croutons<br>Broccoli Salad<br>Croissant w/ butter<br>Fresh Summer Fruit | BBQ Beef<br>Whole Wheat Bun<br>American Fried Potatoes Ketchup<br>5-Way Mixed Veg<br>Marble Cake w/Chocolate Icing<br>Alt. Sugar Free Pudding        |
| 25                                                                                                                                         | 26                                                                                                                                                                                | 27                                                                                                                                                                      | 28                                                                                                                                                                      | 29                                                                                                                                                   |
| Sweet & Sour Pork W/ Onions and Gr peppers<br>Brown Rice<br>Sugar Snap Peas<br>Pineapple Juice<br>Multi Grain Bread w/ butter<br>Pear Half | Chef Salad w/ Ham, Cheese, Egg, Tomato & Cucumber<br>Ranch Dressing<br>Sesame Bread / butter<br>Strawberry Ice Cream w/Fresh Strawberries<br>Alt. Sugar free ice crm              | Roast Pork w/Apricot Glaze<br>Rotini Noodles with Pork Gravy<br>Key Largo Vegetables<br>Biscuit w/ butter<br>Peanut Butter Cookie<br>Alt. Grapes                        | Chicken Duglere<br>Spinach Salad<br>Raspberry Vinaigrette<br>Mash Potatoes Gravy<br>Sunshine Carrots<br>Dinner Roll w/ butter<br>Honey Dew Melon                        | Tuna Salad Sandwich<br>Wheat Bread<br>Leaf Lettuce, Tomato Slice, mustard pkt<br>Sun Chips<br>Three Bean Salad<br>Grapes                             |

# Make Your Own Olive Oil Salad Dressing

*Olive oil is rich in heart-healthy fats called monounsaturated fats, which can improve blood cholesterol levels. You can use olive oil to make homemade salad dressing. A benefit of making your own salad dressing is that you can control the amount of ingredients, such as salt and sugar content. Homemade salad dressing is easy to make, and the flavor possibilities are endless!*

## Basic olive oil dressing:

| 3 or 4 Parts Olive Oil                                                            | + 1 Part Acid:                                                                                                                                                                                                                                                                                                                                                             | + Seasonings to taste:                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <ul style="list-style-type: none"><li>• Vinegar or citrus juice</li><li>• Red wine vinegar</li><li>• White wine vinegar</li><li>• Apple cider vinegar</li><li>• Balsamic vinegar</li><li>• Champagne vinegar</li><li>• Raspberry, blueberry, or other fruit vinegar</li><li>• Lemon juice</li><li>• Lime juice</li><li>• Orange juice</li><li>• Grapefruit juice</li></ul> | <ul style="list-style-type: none"><li>• Salt and pepper</li><li>• Dijon mustard</li><li>• Garlic powder or minced fresh garlic</li><li>• Minced sweet onion</li><li>• Sugar, honey, or fruit jam</li><li>• Chopped fresh herbs</li></ul> |

## Tasty combos:

**Honey mustard:** 3 Tablespoons olive oil + 1 Tablespoon apple cider vinegar + 1 teaspoon Dijon mustard + 1 teaspoon honey + salt and pepper to taste

**Raspberry vinaigrette:** 3 Tablespoons olive oil + 1 Tablespoon red wine vinegar + 2 teaspoons low sugar raspberry jam + salt and pepper to taste

**Lemon herb vinaigrette:** 3 Tablespoons olive oil + 1 Tablespoon lemon juice + 1 tsp chopped fresh parsley, chives, or basil + salt and pepper to taste

### Whisking method:

Mix acid with seasonings. Add oil in a slow stream, whisking constantly.

### Jar method:

Add all ingredients to jar with a tight-fitting lid. Shake vigorously until well mixed.

### Blender/ food processor method:

Add acid and seasonings to blender or food processor. With blender/food processor running, slowly drizzle in oil until well-mixed.

|                                                                                                                                                      |                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| <b>FOOD WISE</b><br><small>Healthy choices, healthy lives.</small>                                                                                   | <b>UW Extension</b><br>Waukesha County |
| 515 W. Moreland Blvd., Administration Center Rm G22<br>Waukesha WI 53188                                                                             |                                        |
| Phone: 262-548-7877 Fax: 262-548-7787                                                                                                                |                                        |
| Para <u>más información en español comuníquese</u> con: 262-548-7882<br><a href="http://www.waukeshacounty.gov/uwex">www.waukeshacounty.gov/uwex</a> |                                        |



# Welcome to Medicare Class

2nd Wednesday of every month

1-3pm or 5:30-7:30pm



Classes held in the  
Health and Human Services Building  
of Waukesha County

located at:

514 Riverview Ave, Room 114

To register call the ADRC or  
register online

[www.waukeshacounty.gov/](http://www.waukeshacounty.gov/)



Elder Benefit Specialist Program

262-548-7848

Attend free class 2-3 months  
before starting Medicare.

Confused about  
your Medicare options?

What plan is right for you?

Come learn about the  
A, B, C and D's of Medicare.

Medicare SHIP Counselors  
present unbiased, objective  
information.

*Comments from Waukesha County residents:*

*"This is a wonderful example of a government service helping  
and benefitting citizens."*

*"Good resources and direction on how to navigate through  
Medicare."*

## 36th Annual Volunteer Recognition Event

You know something good is going on when you've been doing it for nearly four decades! The Aging and Disability Resource Center hosted its 36th Annual Volunteer Recognition Event on April 22. ADRC Leadership and County Executive Paul Farrow recognized the 240 individuals present for their significant contributions to the success of ADRC programming and services.

ADRC volunteers help older adults and persons with disabilities in many ways. Examples include 1) administration office assistance, 2) helping seniors sign up for Open Enrollment, 3) leading health promotion workshops, 4) advocating for a vulnerable adult regarding safety and well-being, 5) packing and delivering meals to homebound seniors, and 6) setting up and serving meals at one of the 10 senior dining centers in the county.



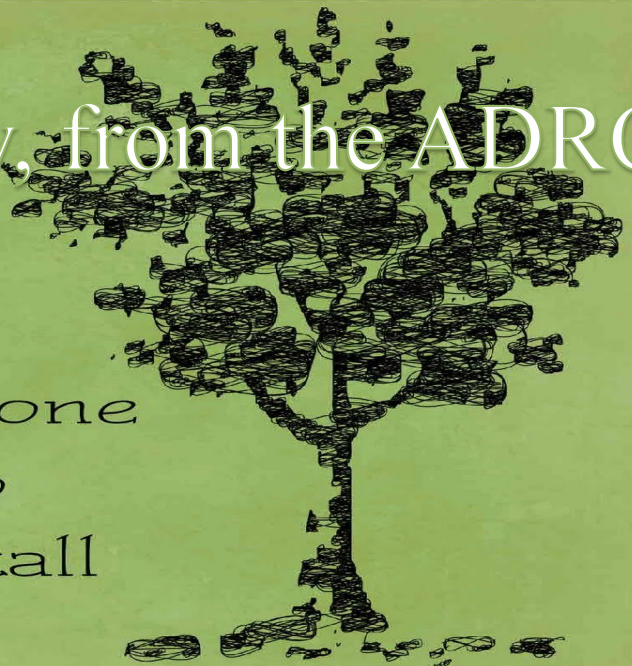
Pictured in front: Three generations of ADRC Meals on Wheels Volunteers and staff



Those attending this year's event enjoyed the Photo Stations complete with props. On the left is the Muskego Senior Dining Volunteers Team and on the right is LaCasa's Senior Dining Volunteer Team.

# Happy Father's Day, from the ADRC

A father is someone  
you look up to  
no matter how tall  
you grow.







# Here's the Scoop!

June is Dairy Month! Let's celebrate by eating one of America's favorite dairy treats: Ice Cream!  
 Unscramble these popular Ice Cream flavors:

|                     |  |
|---------------------|--|
| okosiec adn amrce   |  |
| haotelcco           |  |
| tmin aoctelcho ihpc |  |
| alvialn             |  |
| eoiock guodh        |  |
| ywrtrasbre          |  |
| yrcko droa          |  |
| bythrdia kace       |  |
| pnnilaoeot          |  |
| oesom kartsc        |  |
| chtpiisoa           |  |
| bettru npeca        |  |



Run to your favorite local ice cream shop for a scoop (or two).  
 We've listed just a few for you here:



|                                                                        |                                                                                |                                                                    |                                                                              |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b>LeDuc's Frozen Custard</b><br>240 W. Summit Ave.<br>Wales, WI 53183 | <b>Kopp's Frozen Custard</b><br>18880 W. Bluemound Rd.<br>Brookfield, WI 53045 | <b>John's Drive-In</b><br>1317 Arcadian Ave.<br>Waukesha, WI 53186 | <b>Kiltie Drive-In</b><br>N48W36154 E. Wisconsin Ave<br>Oconomowoc, WI 53066 |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------|

Answer key:  
 Cookies and Cream, Chocolate, Mint Chocolate Chip, Vanilla, Cookie Dough, Strawberry, Rocky Road, Birthday Cake,  
 Neapolitan, Moose Tracks, Pistachio, Butter Pecan

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848

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